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# CAMBRIDGE FAMILY NEWS

## from the Center for Families

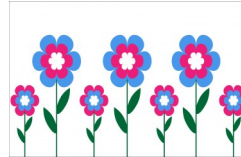


Information, Support, & Activities for Families with Children Ages Birth–8 Living in Cambridge

### March—April 2016

#### March–April 2016

Hello Cambridge! We hope you all are enjoying the winter. Despite all the cold and snow, we had a wonderful turnout for our **Annual Family Fun Day!** Thank you to all the families and volunteers who braved the cold weather to join us in January. We hope you enjoyed it as much as we did!



Now that the weather is (hopefully!) warming up, there are lots of fun-filled activities happening soon! Check out page 6 for upcoming events and workshops! Be sure to look at our calendar on page 4. It shows you when groups and programs are running. Remember, if there is no Cambridge Public School or it is an Early Release Day, we do not run playgroups.

We are waiting for warm spring weather and with that comes **Earth Day on April 22**. In honor of this, turn to page 2 for some ideas around celebrating Earth Day.

**Dads, there is lots of information just for you on page 5.** Be sure to check it out!

Now is the time to start thinking about summer camp. If you are interested in looking for programs for your child, or for information on summer activities for children in the area, the **23rd Annual Resource/Camp Information Night** is on Thursday, March 3rd. For more information, see below.

### Up Coming Events!

Mothers' Discussion & Craft Activity Group	3/4 & 4/15
Dads & Kids at the Gym	3/12 & 4/9
Art & Literacy Night	3/18
Basketball for Dads	3/19, 4/30, & 5/7
Forgiveness	3/24
Spring Community Playgroup Registration Forms Due	3/25
Read Up! Show Up! Speak Up! A 3-week reading and discussion group for dads	3/30, 4/6, & 4/13
Movement & Yoga for Parents & Children	4/16

### Summer Camp Info!

**23rd Annual Resource/Camp Information Night**  
Thursday, March 3, 2016, 6:30–8:30pm  
Cambridge Rindge & Latin High School  
459 Broadway, Main Cafeteria  
SNOW DATE: Thursday, March 10, 2016

Come meet with representatives of Cambridge Community Schools inclusive camps and other private and public camps, including programs for children with special needs.

**Learn about:** Camp programs for youth (grades K-8), day and Residential camps, programs for Middle School students, job opportunities for youth, and camps specializing in serving children with special needs.

Entertainment and art activities for children and light dinner provided.

For additional information, call Liz Lewis at 617-349-6283.

### A Journey Toward Forgiveness

Thursday, March 24, 2016, 6:00PM—8:00PM, Fletcher Maynard Academy (225 Windsor St.).

**Baby U and the Center for Families present a workshop for parents: A Journey Toward Forgiveness.** Led by Charles Daniels, Founder of Fathers' Uplift. Please join us:

- To gain a deeper understanding of what it means to forgive
- To explore steps you can take to forgive others, your mothers, your fathers and anyone that has hurt you
- To learn techniques that will help with the process of forgiveness

To register, please call the Center for Families at 617-349-6385.

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The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.

# PLAYING AND LEARNING ACTIVITIES

## Check Out These Fun Earth Day (April 22nd) Ideas for Parents and Children!

Here are some fun spring activities that you and your child can do together!  
Call Cynthia at (617) 349-6327 to submit ideas for our next newsletter!



### **Plant a seed and watch it grow!**

Talk with your child about how soil, sun, and water help plants sprout and grow. All you need is a clear plastic cup, soil, a seed (or a lima bean), and a sunny window. Help your child fill the plastic cup two-thirds full with potting soil. Let your child plant the seeds under the soil next to the side of the cup where it can be seen. Water the seeds and keep them moist in a warm, sunny place.

Ask your child to predict (to guess) what will happen. Then talk about what is actually happening as the seed begins to sprout. Ask your child to watch the seed every day and observe how it changes. He/she can even draw a picture of the seed as it changes. Your child will learn new vocabulary and learn about science and nature!



### **Some books about planting to read together :**

- *Planting a Rainbow* by Lois Elbert
- *Growing Vegetable Soup* by Lois Elbert
- *From Seed to Plant* by Gail Gibbons



### **Other Fun Spring Activities to celebrate Earth Day:**

#### **Go for a Walk**

The weather is starting to get warmer, so it is the perfect time to get out and walk outside more. Cambridge is a great city to walk around. Walk to a park, a new neighborhood, or the grocery store. Talk about what you see and hear along the way.

#### **Teach Your Child About Recycling**

Have your child help you recycle. Show them where plastic containers and paper go. Sorting not only teaches them early math skills, but you are showing them at a young age the importance of recycling. Explain to them why we recycle and how they use old paper, plastic, and bottles to make new ones. This helps to keep the earth clean.

## Community Playgroups Spring 2016

### **What are Cambridge Community Playgroups?**

Playgroups are fun, FREE groups for parents and caregivers from Cambridge and their children ages 15 months—5 years old. There are two Tiny Tot Community Playgroups that are for children ages 15 months—23 months and their caregivers and three Community Playgroups for children ages 2 years old—5 years old and their caregivers.

### **When and where do they meet?**

**Community Playgroups start in mid-April!** Each playgroup meets 8 times, April—June. Groups do not meet on days the Cambridge Public Schools are closed. Please review the dates for each group on the Registration Form carefully. Playgroups meet in the morning from 10:00am—11:30am. There are 4 different locations around Cambridge.

### **How do I sign up/submit my forms?**

Registration forms will be mailed out with the March/April Newsletter. They are also on the Center for Families website ([www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)). You can pick and drop off forms at the Center for Families (70 Rindge Ave., rear of Peabody School, door 10) or from Priscila de Calvache at the Agenda for Children (119 Windsor Street, basement). You can also request the forms by emailing Cynthia at [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov). Registrations forms are also available to pick up from all CFF staff in playgroups and all Agenda for Children Literacy Ambassadors. You may also turn in forms to CFF or AFC staff.

**Registration forms are due by March 25, 2016!**

## PARENT-CHILD ACTIVITIES

**Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, has thrown up or had diarrhea within 24 hours of activities. We want to make sure everyone stays germ-free!**

### Center for Families Drop-In Playgroup Schedule

*The following Drop-in Playgroups run January 11th—June 16th*  
**No groups on: 3/15, 4/18, 4/19, 4/20, 4/21**

We bring toys, activities, music, and snacks; you bring the kids and the fun. Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (birth-5), and come play with us. Parents or caregivers stay and play with the children. You don't need to sign up for these groups, just come when you want. **For more information or questions, call Lucy at 617-349-6967.**

#### Parent Groups:

##### Mondays

- Infant Playgroup (15 mos and under)\* Center for Families, 70 Rindge Ave. (door 10), Bus Routes 77&83, 12:30—2:30 pm

##### Tuesdays

- Fresh Pond Apartments, 364 Rindge Ave. (Community Room), Bus Route 83 or Alewife Station, 10:00—11:30 am
- Infant Playgroup (15 mos and under)\* Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building) Bus Routes 1, 69 and Central Square T, 12:30—2:30 pm

##### Wednesdays

- Gately Youth Center-Gym\*\*, 70 Rindge Ave. (back of Peabody School), Bus Routes 77 & 83, 10:00—11:30 am
- Area IV Youth Center, 243 Harvard St., Bus Routes 69,83 & 91, 10:00—11:30 am

##### Thursdays

- Cambridge Community Center, 5 Callendar Street, Bus Route 70, 10:00—11:30am

##### Please note:

\*Please attend **either** Monday or Tuesday Infant Group

\*\*The Gym groups are for physical activities, no arts or snacks

#### Mixed Parents and Providers Group:

##### Mondays

- Moore Youth Center-Gym\*, 12 Gilmore St., Bus Route 70, 10:00—11:30 am

##### Please note:

\*The Gym groups are for physical activities, no arts or snacks

#### Family Childcare Providers and Nanny Groups:

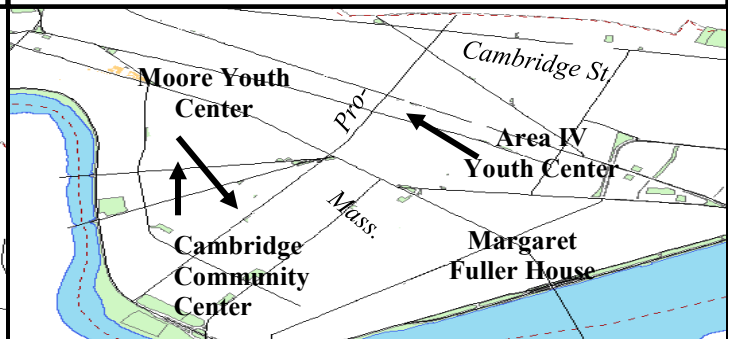
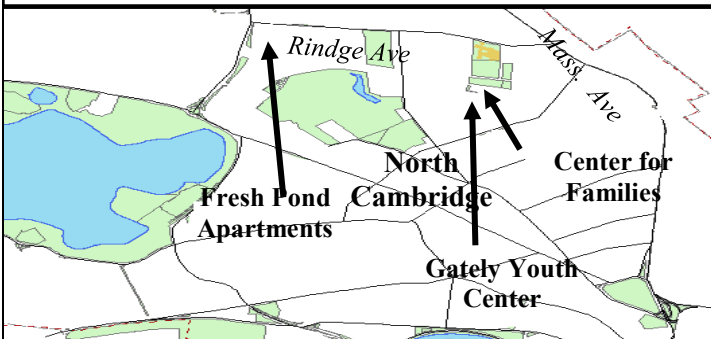
##### Tuesdays

- Area IV Youth Center, 243 Harvard St., Bus Routes 69, 83 & 91, 10:00—11:30am

##### Thursdays

- Center for Families, 70 Rindge Ave. (Peabody School, in the afterschool room), Bus Routes 77 & 83, 10:00—11:30 am

**Note:** Due to space concerns, we will be limiting group to first 26 children & their providers who arrive



*Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are located. If you have questions about where a group or event is located, please feel free to call the Center for Families at 617-346-6385.*

# CENTER FOR FAMILIES MARCH-APRIL 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Feb 28</b>	<b>February 29</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>March 1</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>2</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>Baby Massage @ CFF 12:00—1:15</b>	<b>3</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>4</b> <b>Mothers' Discus- sion &amp; Craft Ac- tivity @ CFF 10:30—12:00</b>	<b>5</b>
<b>6</b>	<b>7</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>8</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>9</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>Baby Massage @ CFF 12:00—1:15 FCFF 6:30—8:00</b>	<b>10</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>11</b>	<b>12</b> <b>Dads &amp; Kids at the Gym @Gately 10:00—11:30</b>
<b>13</b>	<b>14</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>15</b> <b>No groups.</b>	<b>16</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>Baby Massage @ CFF 12:00—1:15</b>	<b>17</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>18</b> <b>Art &amp; Literacy Night @ KLo 5:30—7:00</b>	<b>19</b> <b>Basketball for Dads @Gately 12:30—3:00</b>
<b>20</b>	<b>21</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>22</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>23</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>Baby Massage @ CFF 12:00—1:15</b>	<b>24</b> CCC 10:00—11:30 CFF* 10:00—11:30 <b>A Journey Toward Forgiveness @ FMA 6:00—8:00</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>29</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>30</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>Baby Massage @ CFF 12:00—1:15 Dads' Reading &amp; Discussion @ 119 Windsor 6:15—8:15</b>	<b>31</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>April 1</b>	<b>2</b>
<b>3</b>	<b>4</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>5</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>6</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>Dads' Reading &amp; Discussion @ 119 Windsor 6:15—8:15</b>	<b>7</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>8</b>	<b>9</b> <b>Dads &amp; Kids at the Gym @Gately 10:00—11:30</b>
<b>10</b>	<b>11</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>12</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>13</b> Gately 10:00—11:30 Area IV 10:00—11:30 <b>FCFF 6:30—8:00 Dads' Reading &amp; Discussion @ 119 Windsor 6:15—8:15</b>	<b>14</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>15</b> <b>Mothers' Discus- sion &amp; Craft Ac- tivity @ CFF 10:30—12:00</b>	<b>16</b> <b>Movement &amp; Yo- ga for Parents \$ Children @ CFF 10:30—11:30</b>
<b>17</b>	<b>18</b> <b>No groups.</b>	<b>19</b> <b>No groups.</b>	<b>20</b> <b>No groups.</b>	<b>21</b> <b>No groups.</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Moore 10:00—11:30 CFF Babytime 12:30—2:30	<b>26</b> 364 10:00—11:30 Area IV* 10:00—11:30 MFNH Babytime 12:30—2:30	<b>27</b> Gately 10:00—11:30 Area IV 10:00—11:30	<b>28</b> CCC 10:00—11:30 CFF* 10:00—11:30	<b>29</b>	<b>30</b> <b>Basketball for Dads @Gately 12:30—3:00</b>

**\*Provider Only Groups**

# CENTER FOR FAMILIES' FATHERHOOD CORNER

## Fatherhood in Cambridge

Are you new to Cambridge, or just looking to join a network of fellow Dads?



**Luis** is the Fatherhood Outreach Worker representing both the Center for Families and the Agenda for Children Literacy Initiative. He will connect you to resources, services, and Dads across the city. Get in touch with Luis by emailing him at: [Lvasquez@cambridgema.gov](mailto:Lvasquez@cambridgema.gov).

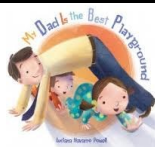
## Basketball for Dads



Have a spare Saturday afternoon to lace 'em up with other Dads? Join us Dads on Saturday afternoons for Basketball for Dads!

**Saturdays, 3/19, 4/30, and 5/7** at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School, door 13), **12:30PM—3:00PM (new time)**. To sign up or with questions, email Luis at [lvasquez@cambridgema.gov](mailto:lvasquez@cambridgema.gov).

## Dads & Kids at the Gym



Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

**Saturdays, 3/12, 4/9, 5/14, and 6/11** at the Gately Youth Center, 70 Rindge Ave. (behind Peabody School, door 13), 10:00—11:30am. **Facilitator: Luis Vasquez**

To sign up or with questions, email Luis at [lvasquez@cambridgema.gov](mailto:lvasquez@cambridgema.gov).

What does fatherhood mean to you? Check out the e-book: [bit.ly/dadswords](http://bit.ly/dadswords)

## Cambridge Dads on Social Media



**Building an online network of Dads to promote active parenting and self-care. An initiative of the Center for Families and the Agenda for Children Literacy Initiative.**

Follow **@CambDads** on Twitter

'Like' **Cambridge Dads** on Facebook

Get connected today!

## Read Up! Show Up! Speak Up!

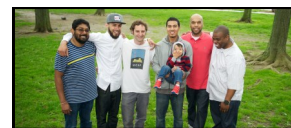
**A 3-Week reading and discussion group for Dads.**

*Wednesday's 3/30, 4/6, & 4/13, 119 Windsor St., 6:15—8:15. Dinner and childcare provided!*



Also, free children's book with each visit. Sponsored by the Agenda for Children. Email Luis for more information: [lvasquez@cambridgema.gov](mailto:lvasquez@cambridgema.gov).

## Fatherhood Text Campaign



Receive a text once a week about fatherhood, events, and activities to do with your kids in and around Cambridge.

Step 1: Text "father" to 95577  
(standard text messaging rates apply)

Step 2: Receive a confirmation text

Step 3: Keep Being A Great Dad!



# UPCOMING WORKSHOPS, CLASSES AND EVENTS

## Workshops and Events

### Movement & Yoga for Parents & Children

Saturday April 16th, 10:30—11:30am, Center for Families, 70 Rindge Ave. A movement-based class for parents and children ages 4—8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes. **Contact Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) with questions.**

### Art & Literacy Night

Friday, March 18th, 5:30—7:00pm, Kennedy Longfellow School, 158 Spring St. Children ages 2-8 and their families are invited to join the Center for Families for a fun evening of listening to stories and doing art activities all about travel! Each child will get to make their own "passport" and explore the countries of Cuba, Cambodia, and Madagascar! There will be pizza at 5:30pm and stories & crafts from 6:00—7:00 pm. No need to register, just come! **Call Center for Families at 617-349-6385 or email Lucy Hernandez at [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov) with questions.**

### A Journey Toward Forgiveness

Thursday, March 24, 2016, 6:00PM—8:00PM, Fletcher Maynard Academy (225 Windsor St.). Baby U and the Center for Families present a workshop for parents: A Journey Toward Forgiveness. Led by Charles Daniels, Founder of Fathers' Uplift. Please join us to gain a deeper understanding of what it means to forgive, to explore steps you can take to forgive others, your mothers, your fathers and anyone that has hurt you, and to learn techniques that will help with the process of forgiveness. **To register, please call the Center for Families at 617-349-6385.**

### Read Up! Show Up! Speak Up!

Wednesday's 3/30, 4/6, & 4/13, 119 Windsor St., 6:15—8:15. A 3-Week reading and discussion group for Dads. Dinner and childcare provided! Also, free children's book with each visit. Email Luis for more information: [lvasquez@cambridgema.gov](mailto:lvasquez@cambridgema.gov).

## Cambridge Public Library Workshops

### Love and Limits in Early Childhood with Yolanda Neville

Wednesday, March 23, 6:30pm, Cambridge Public Library, 449 Broadway, Main Library Lecture Hall. **Request limited, free childcare at 617-349-4038.**

### Developing Self: Raising a Resilient Child with Doug Weinstock

Wednesday, March 30, 6:00pm, Cambridge Public Library – O'Neill Branch, 70 Rindge Ave. **Request limited, free childcare at 617-349-4023.**

**Playing with Their World: Play in Early Childhood with Yolanda Neville.** Wednesday, April 13, 6:30pm, Cambridge Public Library, 449 Broadway, Main Library Lecture Hall. **Request limited, free childcare at 617-349-4038.**

*Sponsored by the Cambridge Public Library Early Childhood Resource Center and the MA Department of Early Education and Care and Families First Parenting Programs.*

## Discussion and Craft Activity for Mothers



Join us and other moms as we talk about parenting while doing a relaxing craft activity. Childcare is available and lap babies are welcome. *Christine Doucet and Fran Roznowski will direct the activity.*

**Fridays, March 4th and April 15th, 10:30 am—12:00pm, Center for Families, 70 Rindge Ave. (back of the Peabody)**

### Activities:

March 4th—Relaxing Activity

April 15th—Surprise!

**To register or for more information, contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**

## Infant Activities

### BABYTIME: Caring, Playing, Nurturing

(parents/caregivers with infants birth—15 months)  
Informal groups for parents or caregivers with infants. Groups are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. Christine will lead a short sing-along.

**Mondays 12:30—2:30 pm**, Center for Families, 70 Rindge Ave., rear of Peabody School, door 10.

**Tuesday, 12:30—2:30 pm**, Margaret Fuller Neighborhood House, 71 Cherry St., grey door on the right side of the building.

**No registration required. Please choose only one group to attend per week. Contact Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) with questions.**

### Baby Massage/Nurturing Touch & Infant Development Series

(based on WINC without borders material and curriculum)  
**5-week series on Wednesdays March 2nd, 9th, 16th, 23rd, and 30th, 12:00pm—1:15pm.** Center for Families, 70 Rindge Ave. Massaging your baby and growing child helps you develop a strong relationship with your baby. The discussion topics are designed to support you in your parenting. Also, this series might help your baby to have less gas and constipation, relax better and cry less, and sleep longer. **To register, contact Christine at 617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).**



**Did you know?** For breastfeeding information, contact the Doula Program at the Cambridge Health Alliance at 617-665-1164. For more infant programming, contact the Jewish Family & Children Services-at Temple Eitz Chayim at 781-693-5652.

## CENTER FOR FAMILIES' NEWS

### Friends of the Center for Families

**Friends of the Center for Families** is an all volunteer-run nonprofit. We help raise money for the Center for Families so that they can bring you even more quality programming! This year is "The Year of the Dad". You can read more about our fundraising campaign on our website, [www.friendsofthecenteroffamilies.org](http://www.friendsofthecenteroffamilies.org)



We meet monthly to plan fundraisers. All are invited to join. Snacks provided and children welcome!

**Next Meetings (all are welcome): Wednesdays, March 9th and April 13th, 6:30pm—8:00pm, please contact the Friends of Center for Families for location at:**  
[friendsofthecenterforfamilies@gmail.com](mailto:friendsofthecenterforfamilies@gmail.com)

### Stay connected with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** and get updates and connect with other parents. To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).
- Follow us on **Twitter** @cntrforfamilies
- Friend us on **Facebook** at [Facebook.com/cambridgecenterforfamilies](https://www.facebook.com/cambridgecenterforfamilies)
- Check out our **website**: [www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)
- Fatherhood Text Campaign. Text "father" to 95577



Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, playgroups, events, or on our website.

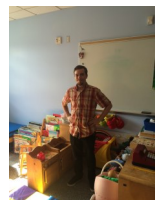
### Free Pool Passes for Participating Families!

The Center for Families has limited 1-time family passes for the **Atlantis Sports Club & Spa**. Passes are for participating families. To use the passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 months. The passes will allow FREE admission to the Atlantis Sports Club & Spa (use of the pool included) located at 575 Memorial Drive (located inside the Hyatt Regency). **For information, contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).**



### Caught in the Act!

At the **Center for Families**, we are lucky to have groups of interns join us each Fall, Winter/Spring, and Summer. This Spring, we are so excited to introduce our **new interns: Brendan and Brittney!** Brendan is doing lots of work with our Fatherhood Outreach Worker, Luis! You'll see him at Dads events/groups and in playgroups. **Brittney** is doing lots of work in our infant programming with Christine! You'll see her at events and in groups.



**Welcome, Brendan and Brittney!**

### Diaper Circle

**Diaper Circle** is an organization that provides diapers to social service agencies working with low income families to distribute as needed. The Center for Families has Diaper Circle donation bin in our office at 70 Rindge Ave. in the rear of the Peabody School, door 10.

**Diaper Circle** will take: new, unopened packs of diapers, opened packs of diapers, loose diapers (clean, of course!), gift cards to places that sell diapers (to be used only by staff, not given directly to families), unopened containers of wipes, and rewards points from Huggies (they use these to earn free diapers).

For more information, visit their website at [www.diapercircle.org](http://www.diapercircle.org) or check out Facebook.com/diapercircle or their Twitter account @diapercircle.

Feel free to call the Center for Families at 617-349-6385 for more information.

### Help in a Bag!



The Center for Families now offers resource bags on the following topics: Getting Ready to Share, Biting, Hitting, Fun with Language, Starting Childcare or School, A New Baby in the Family, and Death of a Loved One.

Each bag is filled with books for toddlers and preschoolers as well as articles and resource lists, including websites for parents.

If you are interested in borrowing any of the resource bags or have any questions, please contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).

# CAMBRIDGE COMMUNITY INFORMATION

## Children's Clothing Exchange is Open!

### How does the Children's Clothing Exchange work?

It's simple and free of charge. You trade your child's outgrown clothing, books, toys, and gear for age-appropriate items. If you do not have children's items to trade, you can volunteer your time to earn credits that you can use to receive items for your child.

### Hours:

Tuesdays: 10:00am—4:00pm

Wednesdays: 10:00am—4:00pm

Thursdays: 10:00am—4:00pm

**Contact:** Call 617-871-1202 for more information or visit: <http://solutionsatwork.org/our-programs/childrens-clothing-exchange/>

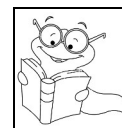
## Pathways to Family Success

- Do you have a child who is in grades kindergarten to 3rd grade?

- Is English not your first language?

If you answered yes to these questions, then Pathways to Family Success could be for you!

Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed. **For more information, contact Beth at 617-665-3827.**



## Agenda for Children: Let's Talk

**Let's Talk!** is a free early literacy program in Cambridge that offers services for moms, dads and child care providers—



including workshops, literacy home visits, and fun family events. **For tips and resources on ways to support young children, connect with Let's Talk! at: [www.letstalkcambridge.org](http://www.letstalkcambridge.org), on Facebook ([facebook.com/LetsTalkCambMA](https://facebook.com/LetsTalkCambMA)) and Twitter (@LetsTalkCambMA)!**

## Title I

### Books for Bingo!

Wednesday, March 2nd, 6:00pm—7:30pm (pizza will be served at 5:30pm), Graham & Parks School – Cafeteria, 44 Linnaean Street, (Off Mass Ave. in between Harvard Square & Porter Square).

### What is Books for Bingo?

Families play the game of Bingo – answering questions about children's books/authors and creating specific patterns and when all the boxes are crossed off in the pattern BINGO is called. **Every child leaves with at least 1 new book!**

### Who can attend?

Books for Bingo is for all Cambridge Public School families with children in Grades JK—5th.

### How do I Sign-up?

You can sign up by calling or emailing Debbie Bonilla at 617-349-6492 or [dbonilla@cpsd.us](mailto:dbonilla@cpsd.us).

**Save the date:** Let's Cook & Move coming in April (date TBD). Location: Kennedy Longfellow.

## Ask Jayne

Looking for information about child care, kindergarten, after-school, early intervention, special education, housing, and more?

**Please contact Jayne Cantor at 617-349-6086 or by emailing Jayne at [jcantor@cpsd.us](mailto:jcantor@cpsd.us).**

## Ages and Stages Questionnaire

Do you want to know more about your child's development when they are as young as 2 months through 5 ½ years old? The **Ages and Stages Questionnaire (ASQ)** is a set of questions to help parents find out what skills their baby or young child has. **Christine Doucet or Fran Roznowski** are available to come to your home to do the ASQ with you and your child in about 20 minutes.

**If you want to schedule an Ages and Stages Questionnaire for your child contact Fran at 617-349-6485 or [froznowski@cpsd.us](mailto:froznowski@cpsd.us)**

## Child Development Questions?

### Ask Fran!

**Fran Roznowski** is the Early Childhood Specialist for the Center for families. Fran is available to meet with you in person or on the phone to discuss topics, such as limit setting, biting, toileting, sibling rivalry, and more. Fran can observe your child during Center for Families' playgroups and then meet with you.

**If you have questions or concerns about your child's physical, social-emotional or language development, contact Fran at 617-349-6485 or [froznowski@cpsd.us](mailto:froznowski@cpsd.us).**



## COMMUNITY RESOURCES

### Adult Education

- **Cambridge Employment Program:** Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call 617-349-6166 or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV:** Offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more information, please call 617-661-6900.
- **Asian American Civic Association:** Next Steps Transitional English program is a free English class for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.
- **Community Learning Center (CLC):** Offers ESOL Family Literacy classes for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information and to hear about current openings.

### Childcare, School & Support

- **Department of Human Service Programs (DHSP):** Runs programs for children and families, including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call 617-349-6200 or visit [www.cambridgema.gov/DHSP](http://www.cambridgema.gov/DHSP).
- **Family Resource Center (FRC):** For information about the Cambridge Public Schools registration and waitlists, call 617-349-6551 or the Multilingual voice mail at 617-349-6550 (Portuguese, Haitian Creole, Spanish).
- **The Guidance Center:** Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.

- **Are you ready to be a parent or have a newborn baby?** Attend a Happiest Baby Class and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343
- **Jewish Family & Children Services:** Located at Temple Eitz Chayim. Parents with babies support group runs Thursdays from 10:00-11:30 at 134-136 Magazine St. Cambridge. Call 781-693-5652 with questions.
- **Doula Support Program:** The Doula Program at the Cambridge Health Alliance offers groups for new parents and for breastfeeding support. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.
- **East End House (105 Spring St., Cambridge):** Holds FREE drop-in family playgroups every Tuesday from 10am-11:30am for children ages 0-5. Arts, games, puzzles, stories, and light snack provided. Call 617-876-4444 for more information or visit [www.eastendhouse.org](http://www.eastendhouse.org).

### Food & Clothing

- **The Cambridge Food Pantry Network:** Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Somerville/Cambridge WIC Program:** Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.
- **The Children's Clothing Exchange:** A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-871-1202.

### Housing

- **The Cambridge Multi-Service Center:** Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

### Special Needs Services

- **Cambridge-Somerville Early Intervention:** Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Eliot Community Health Services:** Eliot Cambridge/Somerville Early Intervention Program now offers early intervention services to families living in Cambridge/Somerville. Call 339-227-1020
- **Cambridge Special Start:** Provides developmental screenings for children ages 3 & 4. For more information, call Jeannie Parkus at 617-349-3252.
- **The Cambridge Program for Individuals with Special Needs:** Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities:** Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see <https://www.cambridgema.gov/DHSP/programsforadults/ccpd.aspx>

**The Cambridge Somerville Resource Guide** has listings for more services in the community at [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org).

**If you are unable to find what you are looking for, please call the Center for Families at 617-349-6385.**

# CENTER FOR FAMILIES STAFF

**Lucy Hernández**

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Director  
mgodfrey@cambridgema.gov

**617-349-3002**  
(English)

**The Center for Families has staff members who speak: Amharic, Bangla, Persian/Farsi, French, Italian, Portuguese, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.**

**Main Office**

**617-349-6385**

**Fax:**

**617-349-6386**

**Web:**

[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)

**Facebook:**

<http://on.fb.me/xzNyXs>

**Twitter:**

<http://twitter.com/cntrforfamilies>

**Email:**

[centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)

**Center for Families**

Office and Resource Room:  
Peabody School Community Wing  
(please enter through main school door)  
70 Rindge Avenue  
Cambridge, MA 02140

**Funding for Center for Families Programs**

The Center for Families receives funding from the City of Cambridge, Friends of the Center for Families, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.



**family  
centers**

a children's trust program

**Center for Families**

c/o Dept. of Human Service Programs  
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Cambridge, MA 02139

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